

HIKING & BIKING



in the Yadkin-Pee Dee River Basin

The Yadkin-Pee Dee River Basin offers many opportunities to enjoy and explore nature through walking, hiking and biking. This list includes places with at least a few trails for easy to moderate activity. Keep in mind that at some mountain sites, the steepness of terrain may limit easy activity, other than at an overlook or short path. Many sites include views of streams, rivers, creeks, lakes and/or waterfalls. Remember that some trails are multi-use, serving pedestrians, bicyclists, equestrians and other recreational users. For information about urban and regional bikeways, visit <http://www.ncdot.org/transit/bicycle>.

● HIKING ●

1 Boone's Cave Park

<http://www.davidsoncountync.com/recreation.htm> ● 100 acres ● 1-mile trail skirts this 80-foot long crevice at the base of a bluff on the Yadkin River.

2 Catawba College Ecological Preserve

<http://www.centerfortheenvironment.com/> ● 489 acres ● 2 miles of trails through forests and seasonal wetlands.

3 Dan Nicholas Park

<http://www.co.rowan.nc.us/parks/dnp> ● 450 acres ● 2-mile nature trail.

4 Doughton Park/Blue Ridge Parkway

<http://www.nps.gov/blri/doughton.htm> ● 7,000 acres ● Access to 15-20 miles of trails.

5 Eagle Point Nature Preserve/High Rock Lake Preserve

http://www.co.rowan.nc.us/parks/eagle_point/eagle_point_nature_preserve.htm ● 200 acres ● 4.5 miles of nature trails with overlooks and isolated coves.

6 E.B. Jeffress Park/Blue Ridge Parkway

<http://www.byways.org/browse/byways/2280/places/28425/> ● 600 acres ● .5- to 1-mile trail to Cascades waterfall.

7 Fort Dobbs State Historic Site

<http://www.ah.dcr.state.nc.us/sections/hs/dobbs/dobbs.htm> ● 31 acres ● .5-mile interpretive nature trail.

8 Morrow Mountain State Park

<http://www.ils.unc.edu/parkproject/visit/momo/home.html> ● 4,742 acres ● 15 miles of trails with views of rolling hills, lush green farmlands and the curving Yadkin River.

9 Pilot Mountain State Park

<http://www.ils.unc.edu/parkproject/visit/pimo/home.html> ● 3,703 acres ● 24 miles of trails with views of the landmark Big Pinnacle.

10 Horne Creek Living Historical Farm

<http://www.ah.dcr.state.nc.us/Sections/hs/>

horne/horne.htm ● 104 acres ● .25-mile trail skirts Horne Creek.

11 Stone Mountain State Park

<http://www.ils.unc.edu/parkproject/visit/stmo/do.html> ● 13,747 acres ● 11.5 miles of trails with views of scenic waterfalls and cool, mountain streams.

12 Town Creek Indian Mound

<http://www.ah.dcr.state.nc.us/Sections/hs/town/town.htm> ● 56 acres ● .75-mile interpretive trail along the Little River; Piedmont prairie restoration under way.

13 North Carolina Zoological Park

<http://www.nczoo.org/> ● 500 acres ● 6 miles of trails; access with zoo admission.

14 Rendezvous Mountain Educational State Forest

<http://www.ncesf.org/RMESF/home.htm> ● 3,316 acres ● 5 miles of trails through hardwood forests of the Blue Ridge.

15 Uwharrie National Forest

<http://www.cs.unca.edu/nfsnc/recreation/uwharrie>

- Birkhead Mountains Wilderness Trails (5,160 acres/10 miles of trails)
- Badin Lake Hiking Trail (8 miles of trails)
- Denson's Creek Trail (3 miles of trails)
- Uwharrie National Recreation Trail/Dutchman's Creek (30 miles of trails)

● BIKING ●

16 Wood Run Mountain Bike Trails

<http://www.cs.unca.edu/nfsnc/recreation/uwharrie/> ● 11 miles of trails in the Uwharrie National Forest.

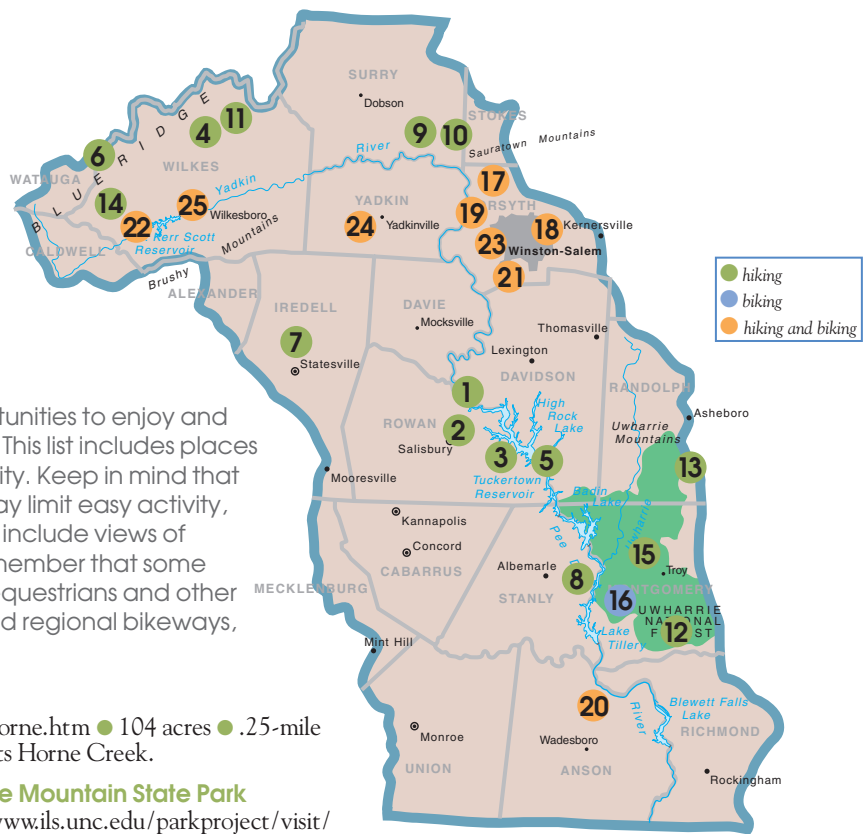
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Forsyth County Parks

<http://www.forsyth.lib.nc.us/Parks/> Including:

17 Horizons Park

2.5-mile nature trail; 4.5-mile biking trail.



18 Kernersville Lake Park/Triad Park

Kernersville Lake Park, less than 1 mile of hiking/biking trail, and Triad Park, 2.6 miles of hiking and biking trails; 1.4 mile hiking loop.

19 Old U.S. 421 River Park

.17-mile walking path.



20 Pee Dee National Wildlife Refuge

<http://www.fws.gov/peedee/> ● 8,443 acres ● 1.7 miles of hiking trails, including .25-mile wheelchair-accessible nature trail; biking allowed on refuge roads.

21 Tanglewood Park

http://www.forsyth.cc/tanglewood/recre_BikeTrails.aspx ● 1,100 acres ● 8 miles of hiking and mountain biking trails.

22 W. Kerr Scott Dam and Reservoir

<http://www.saw.usace.army.mil/wkscott/index.htm> ● 2,279 acres ● 18 miles of hiking/biking trails, including the acclaimed 9-mile Dark Mountain Bike Trail.

23 Winston-Salem Trails and Greenways

<http://www.cityofws.org/recreation/Parks/parks.html> ● 16 miles hiking/biking trails, including:

- Bethabara Greenway
2.7 miles along Mill Creek
- Bowen Branch Greenway
3 miles along Brushy Creek
- Silas Creek Greenway
.8 miles along Silas Creek
- Salem Lake Park/Salem Creek Trails
6.9 miles along Salem Lake

24 Yadkin County Park

<http://www.yadkincounty.gov/Recreation.htm> ● 140 acres ● 4-mile nature/bike trail.

25 Yadkin River Greenway

<http://www.yadkinrivergreenway.com/> ● 2-mile hiking and biking trail, including a 156-foot bridge over the Reddies River.